



H-PLUS Function Exercise: WAKE/KNOW

Function Command: PLUS-SLEEP, HELP

Purpose:

This H-PLUS Function exercise is for use during sleep to learn to wake up and know the answer.

Application:

Provides a means to permit the total self to resolve problems and decisions during the sleep period. After Function command, state or visualize the condition requiring consideration, then relax and sleep. The solution will be forthcoming soon after awakening. Use as needed.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **WAKE/KNOW** is a good partner for the H-PLUS Function exercises **MÖBIUS WEST**, **OPTIONS** and **CONTEMPLATION**.

Examples – When faced with a decision critical to your entire family, assess pertinent factors with **OPTIONS** and **CONTEMPLATION** and let **WAKE/KNOW** suggest the best choice. If you're not sure where to spend your vacation, leave the decision up to **WAKE/KNOW**. If you're considering a job change, visualize the ideal work situation with **MÖBIUS WEST** and choose the most positive course with the aid of **WAKE/KNOW**.

Please Note:

- Formerly elusive solutions may flow easily into your consciousness.
- You may observe yourself making decisions in a calmer, more relaxed manner.

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Interstate Industries, Inc.
at The Monroe Institute
P.O. Box 130
Nellysford, VA 22958
(804) 361-1500